

#### ABSTRACT OF THE DISCLOSURE

An energy absorber for use in a fall arrest system is disclosed and comprises a housing, a plunger and a compressible cushion. The housing has a tubular body and an end wall. The body defines a longitudinal axis. The end wall is secured to the body and has defined therethrough an aperture. The plunger includes a head disposed within said body and a rod extending from said head, through the aperture in the end wall, to a terminal end. The plunger is disposed at a rest position, whereat the head is relatively distal to the end wall, and is mounted to the housing for longitudinal movement between the rest position and an extended position, whereat the head is relatively proximal to the end wall. The cushion is disposed within the body between the end wall and the plunger head, for compression by the plunger upon said longitudinal movement thereof.